KIN 411 LAB PRACTICAL

Whitney Kramer

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Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

Sex: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pre-exercise HR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ mmHg

Pre-exercise BP: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ bpm

Height: \_\_\_\_\_\_\_\_\_\_\_cm

Weight: \_\_\_\_\_\_\_\_\_\_\_kg

**Body Composition - Skinfolds**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Site | Trial 1 | Trial 2 | Trial 3 | Average |
| 1. |  |  |  |  |
| 2. |  |  |  |  |
| 3. |  |  |  |  |
| 4. |  |  |  |  |
| 5. |  |  |  |  |
| 6. |  |  |  |  |
| 7. |  |  |  |  |

**Grip Strength**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Trial 1 | Trial 2 | Trial 3 | Best |
| Left Hand |  |  |  | Kg |
| Right Hand |  |  |  | Kg |

Total: \_\_\_\_\_\_\_\_\_Kg

**Sit and Reach**

|  |  |  |  |
| --- | --- | --- | --- |
| Trial 1 | Trial 2 | Trial 3 | Best |
|  |  |  | cm |

**Push-Up Test**

Total # \_\_\_\_\_\_\_\_\_\_\_\_

**Partial Curl-Up**

Total # \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Ebeling Treadmill Submax Test**

Estimated HR Max:\_\_\_\_\_\_\_\_\_\_\_ 50-70% HRmax **:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Speed (mph) | Grade | HR (BPM) |
| Initial Stage |  |  |  |
| Stage 2 (If needed) |  |  |  |
| Exercise Stage |  |  |  |

Post-exercise HR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Post-exercise BP: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**NOTES:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Body Mass Index (BMI) \_\_\_\_\_\_\_\_\_\_\_\_kg/m2**

BMI= Weight/Height2

Underweight: <18.5

Normal: 18.5-24.9

Overweight: 25-29.9 Increased risk for diabetes, hypertension, cardiovascular disease

Obese: >30 High risk for diabetes, hypertension, cardiovascular disease

**Sum of seven-site skinfold: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Body density =1.112-0.00043499 (sum of seven skinfolds) +0.00000055 (sum of seven skinfolds)2 –

0.00028826 (age)

**Male Adult Body Fat %** = (457/Body density)-414.2 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Body Composition (% fat) Male ages 20-29*

|  |  |  |
| --- | --- | --- |
| Percentile | Age 20-29 | Ranking |
| 60 | 14.8 | Good |
| 55 | 15.8 | Fair |
| 50 | 16.6 | Fair |
| 45 | 17.4 | Fair |
| 40 | 18.6 | Fair |
| 35 | 19.6 | Poor |
| 30 | 20.6 | Poor |
| 25 | 21.9 | Poor |
| 20 | 23.1 | Poor |
| 15 | 24.6 | Very Poor |

**Grip Strength Norms Sit-and-Reach Push-Up Partial Curl-Up**

*Male 16+ years Male 20-29 Males 20-29 Males 20-29*

|  |  |
| --- | --- |
| Weak | <69 |
| Below Average | 69 |
| Average | 83 |
| Above Average | 101 |
| Strong | 122 |

|  |  |
| --- | --- |
| Excellent | 40 |
| Very Good | 39-34 |
| Good | 33-30 |
| Fair | 29-25 |
| Needs Improvement | 24 |

|  |  |
| --- | --- |
| Excellent | 36 |
| Very Good | 35-29 |
| Good | 28-22 |
| Fair | 21-17 |
| Needs Improvement | 16 |

|  |  |
| --- | --- |
| Excellent | 25 |
| Very Good | 24-21 |
| Good | 20-16 |
| Fair | 15-11 |
| Needs Improvement | 10 |

**Estimated VO2max \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ml/kg/min**

15.1+ [21.8 \* speed (mph)] – [0.327 \* HR (bpm)] – [0.263 \* speed (mph) \* age] + [.00504 \* HR\* age] + [5.98]

Males ages 20-29

|  |  |  |
| --- | --- | --- |
| Percentile | VO2 | Ranking |
| 99 | 61.2 | superior |
| 95 | 56.2 | superior |
| 90 | 54 | Excellent |
| 85 | 52.5 | Excellent |
| 80 | 51.1 | Excellent |
| 75 | 49.2 | Good |
| 70 | 48.2 | Good |
| 65 | 46.8 | Good |
| 60 | 45.7 | Good |
| 55 | 45.3 | Fair |
| 50 | 43.9 | Fair |
| 45 | 43.1 | Fair |
| 40 | 42.2 | Fair |
| 35 | 41 | Poor |
| 30 | 40.3 | Poor |
| 25 | 39.5 | Poor |
| 20 | 38.1 | poor |
| 15 | 36.7 | Very poor |
| 10 | 35.2 | Very poor |